

What is Low Blood Sugar?

Blood Glucose below 70 - Also called Hypoglycemia

What are the Symptoms?

- Weakness
- Fast heart beat
- Shakiness
- Irritability or Anxiety
- Blurred vision
- Hunger
- Headache
- Sweating
- Light-headedness



What Causes Low Blood Sugar?

- Delayed meals
- Not eating enough
- Drinking alcohol on an empty stomach
- Too much diabetes medicine
- Unplanned strenuous activity

What Can I Do About Low Blood Sugar?

- Drink ½ cup of juice or regular soda or eat some hard candy
- Test blood sugar if symptoms don't stop
- Eat a snack of ½ peanut butter or meat sandwich right away if the next meal is longer than 1-2 hours away
- Monitor your blood sugars closely especially if there is a change in your treatment, activity level or food intake
- Do not drive if your blood sugar is low
- Always carry a source of sugar/carbohydrate
- Wear or carry medical alert identification
- Educate family or friends about how to treat low blood sugar and how to use glucagon
- For repeated low blood sugars call your health care provider or telephone advice nurse



What is the 15-15 Rule?

- If your blood sugar is low (< 70), eat or drink 15 grams of a fast acting carbohydrate
- Check your blood sugar in 15 minutes, if no improvement, repeat the treatment with 15 grams of carbohydrates
- If your blood sugar is less than 50, take 2 carbohydrate choices or 30 grams of carbohydrates
- Check your blood sugar every 15 minutes until your blood sugar is > 70
- Other sources of carbohydrates containing 15 grams include: Glucose tablets (3 tablets), sugar packets (3 packets) and Life Savers® (5 pieces)

If you become unconscious or confused, have family or friends call 911